

# Blue is Better Recipe (Serves 6)

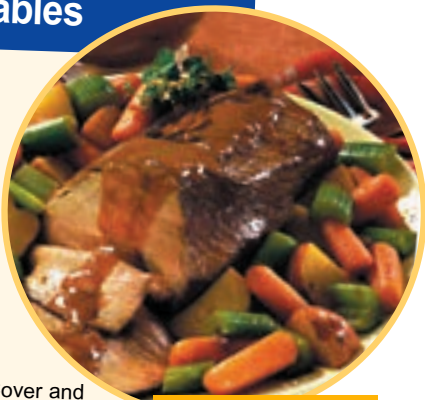
## Savory Pot Roast & Vegetables

### Ingredients

- 2 Tbsp. vegetable oil
- 3-lb. boneless beef bottom round or rump roast
- 1-14-oz. can low-sodium beef broth with onion
- 3/4 c. vegetable juice
- 2 c. fresh or frozen baby carrots
- 3 medium potatoes, quartered
- 3 stalks celery, cut into 1" pieces
- 2 Tbsp. all-purpose flour
- 1/4 c. water

### Preparation Instructions

1. Heat oil in saucepot. Add roast and cook until browned on all sides. Pour off fat.
2. Add broth and vegetable juice. Heat to a boil. Cover and cook over low heat for 1 hour & 45 minutes.
3. Add vegetables. Cover and cook 30 minutes or until vegetables are tender.
4. Remove roast and vegetables and keep warm.
5. Mix flour and water. Add to saucepot. Cook and stir until mixture boils and thickens.



### NUTRITION FACTS

#### Amount Per Serving:

<b>Calories</b> .....	453
Calories from Fat.....	153
<b>Total Fat</b> .....	17g
Saturated Fat.....	5 g
<b>Cholesterol</b> .....	133 mg
<b>Sodium</b> .....	474 mg
<b>Carbohydrate</b> .....	20 g
Dietary Fiber.....	3 g
<b>Protein</b> .....	52 g